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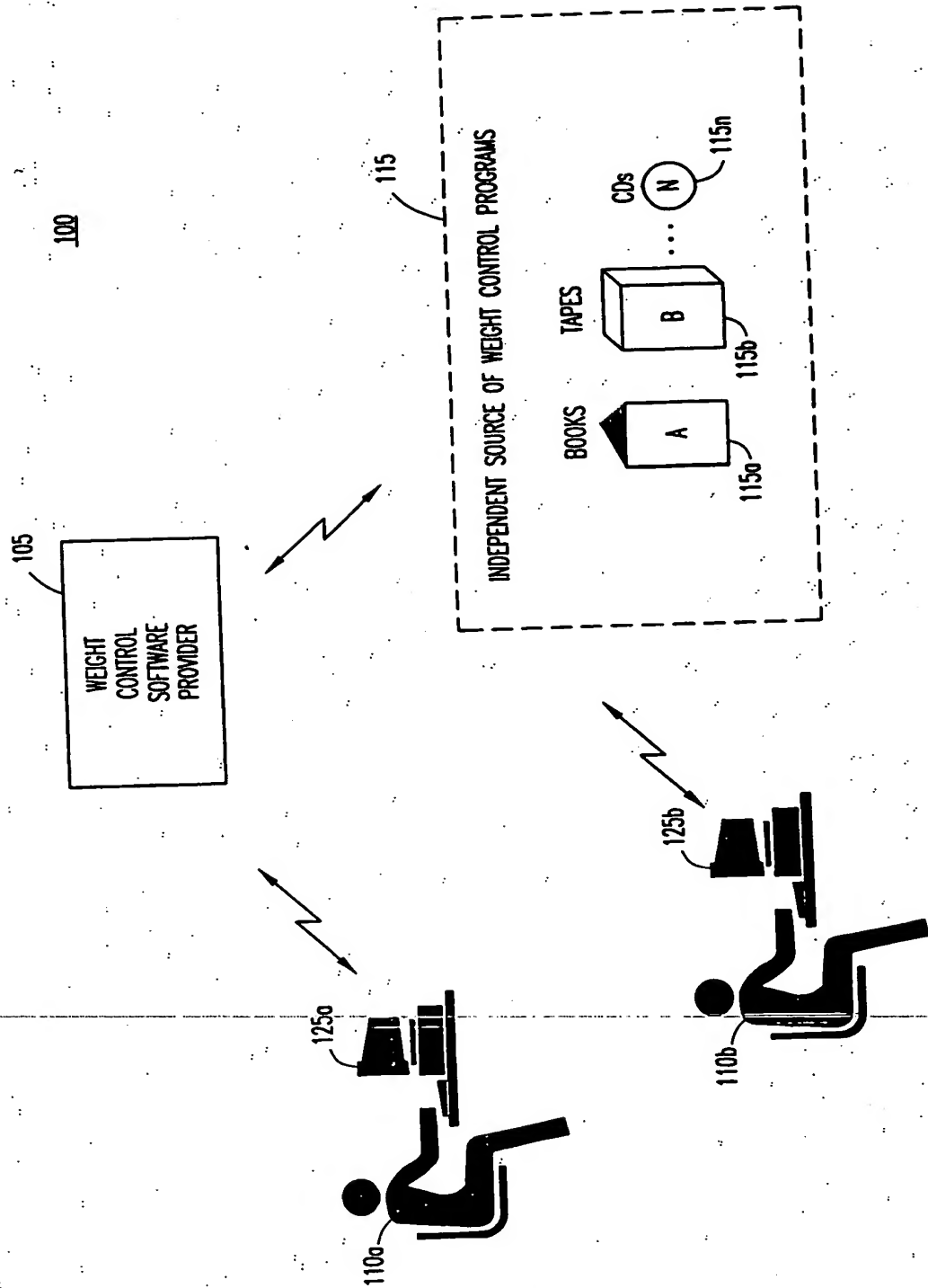


FIG. 1

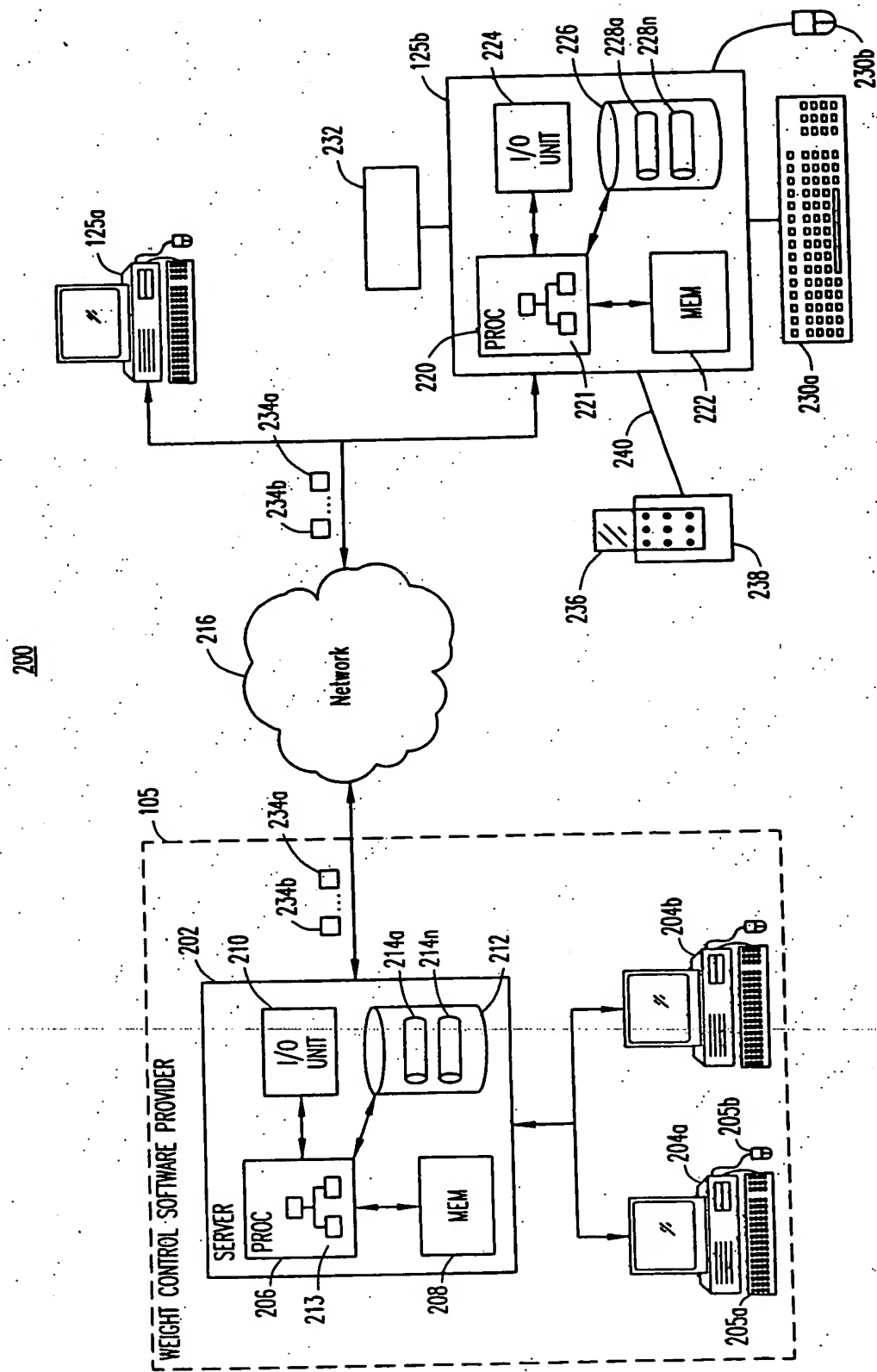


FIG. 2

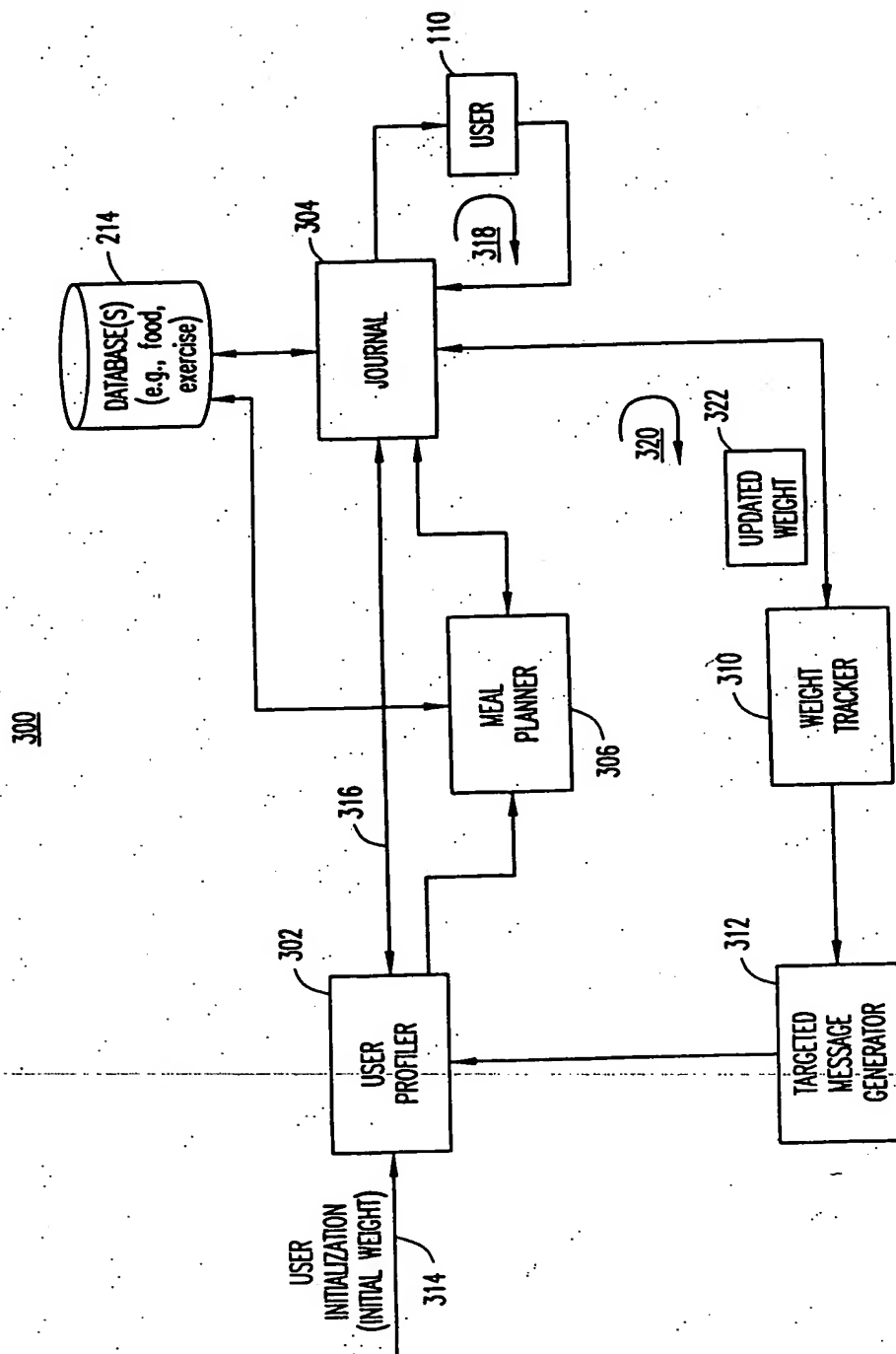


FIG. 3

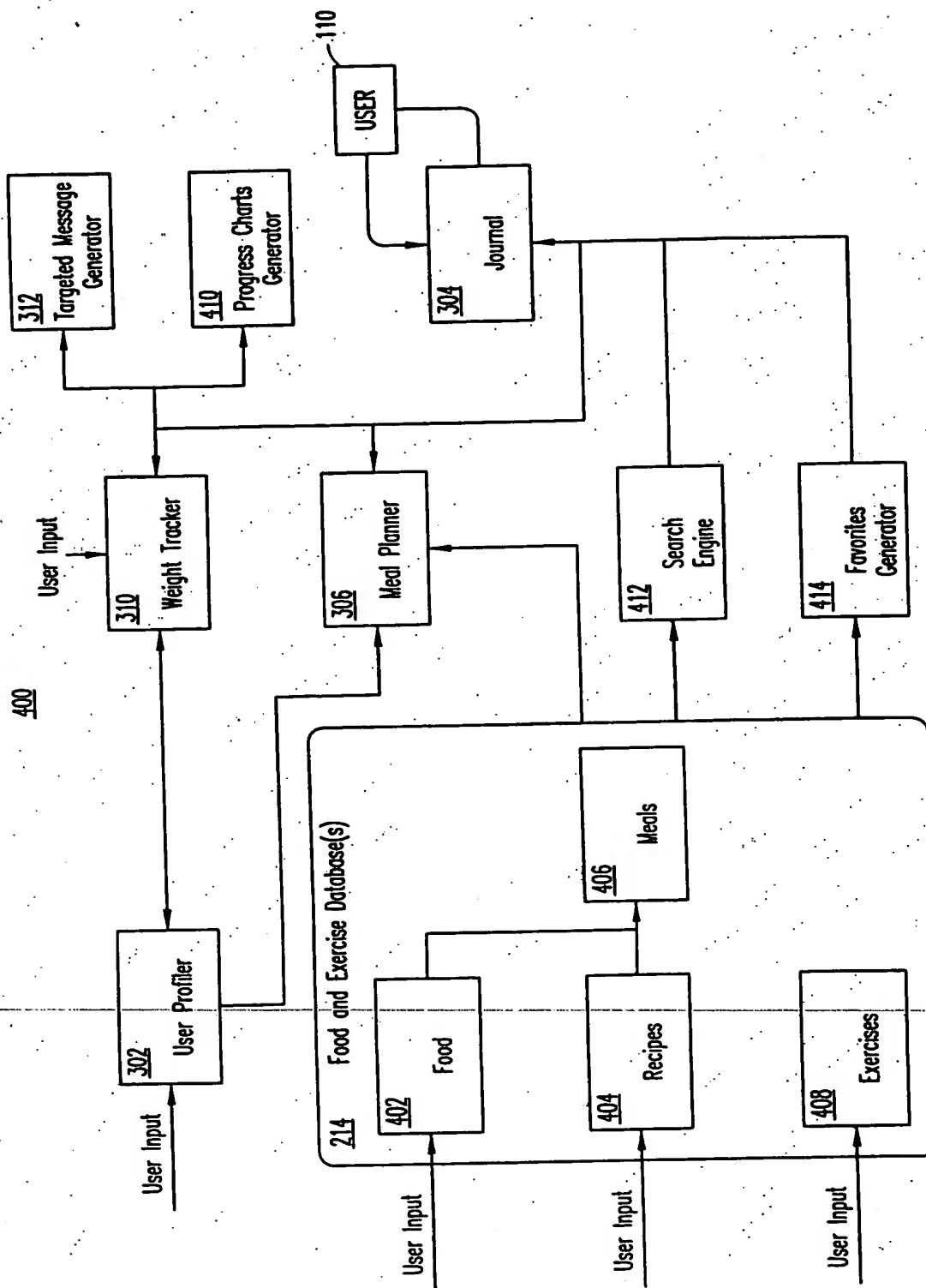


FIG. 4

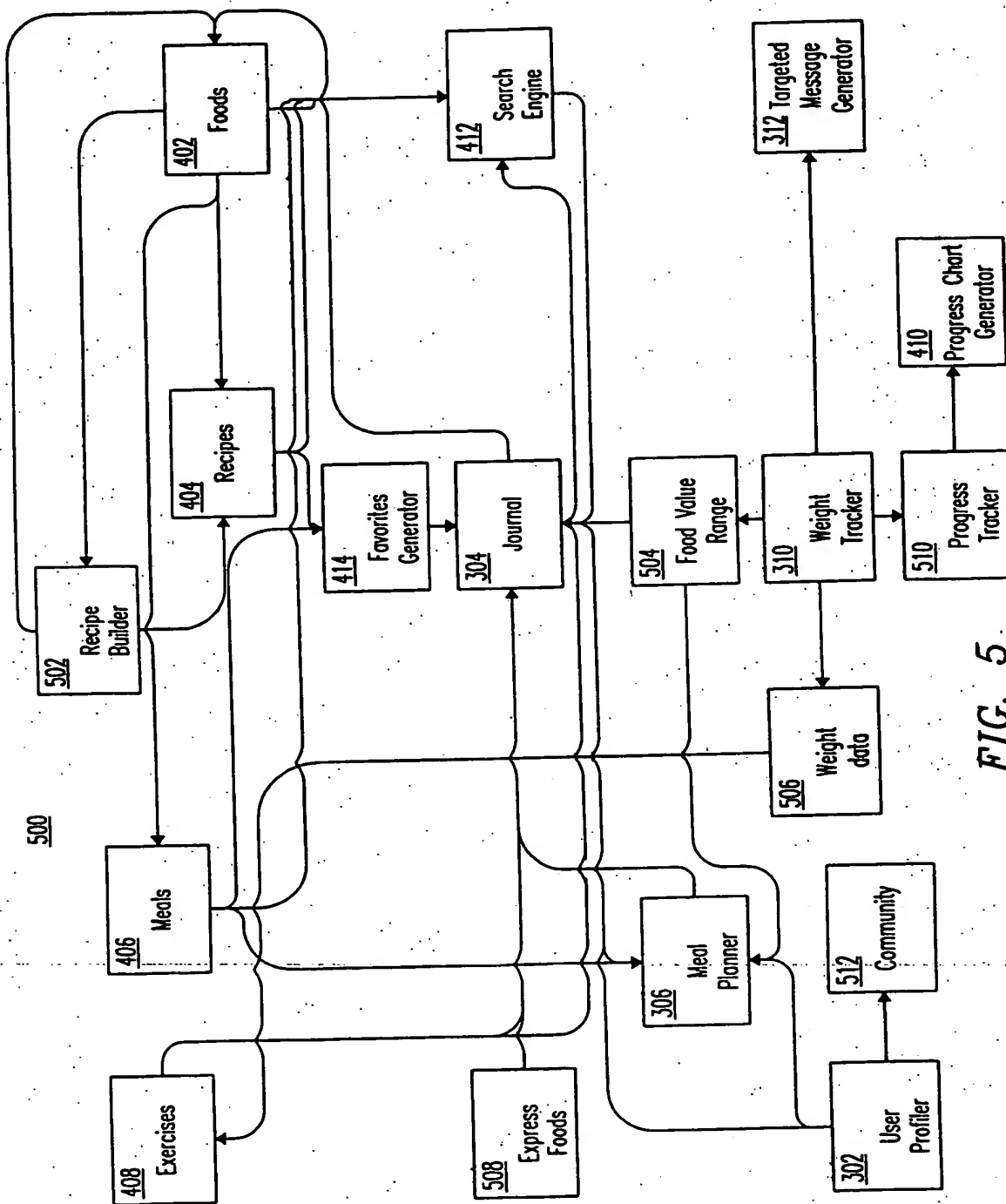


FIG. 5

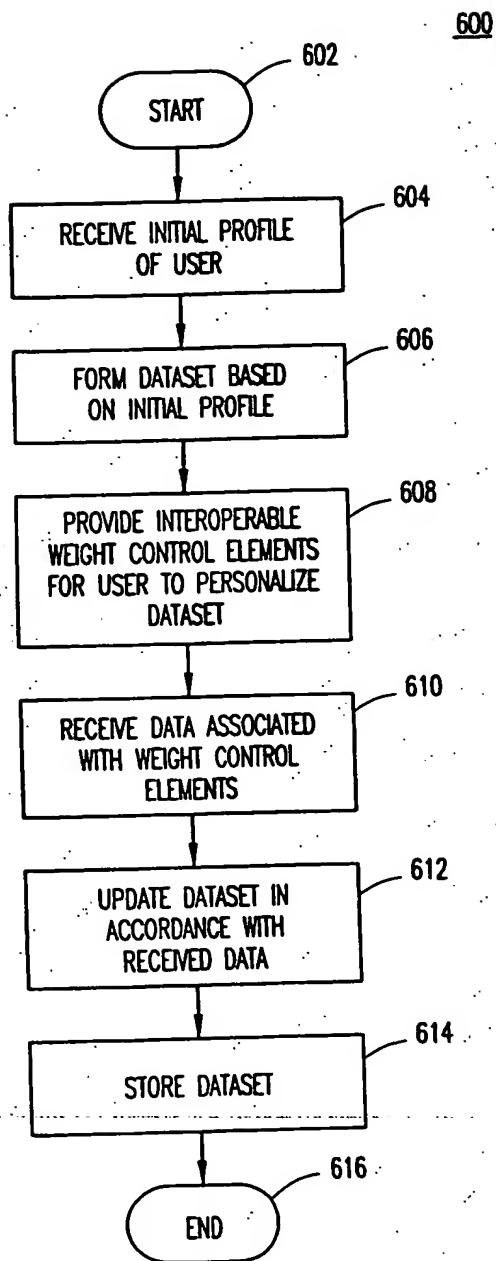


FIG. 6

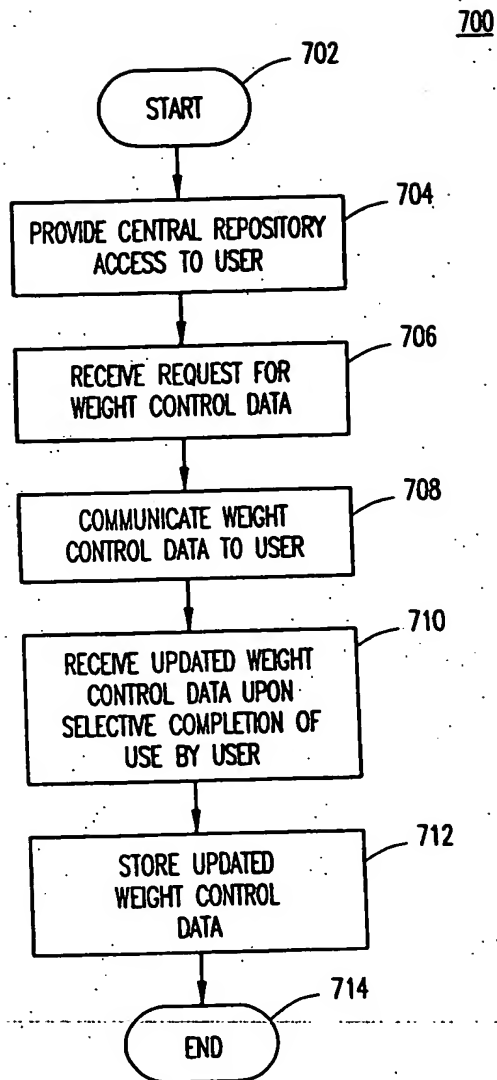


FIG. 7



8/28

806 home the plan community success stories food & recipes healthy life fitness just for me shop 804 LOGIN  
802 find a meeting about us my profile site map help  
808 Journal | Weight Tracker | Progress Charts | My Favorites | POINTS<sup>®</sup> Calculators | Assessment | Tools for Living  
826 panic

## step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

### Current Weight Information

Current Weight: 223lb  
Height: 5'8"  
Gender: M  
Birthdate: 7/14/1966

### Make changes to Weight Information

#### Personal Information

First name: John  
Last name: Smith  
Address: 1 MAIN ST.  
City: Anytown  
State: NY  
Zip code home: 12345  
Zip code work: 12346  
Country: United States  
Phone: (212) 555-1234  
E-mail: jsmith@workplace.com

Receive Information: No

E-mail Weight Loss Progress: No

E-mail Format: text

Profession: Professional (e.g., doctor, lawyer)

Marital status: Single

Number of children: 0

Lifetime Member: 98765

Meeting Member number: 98765

### Make changes to Personal Information

#### Payment Information

Credit Card: Visa

Credit card number: \*\*\*\*\*1111

Expiration date: 2/2002

Name as it appears on the card: John O. Smith

Billing Address: 1 MAIN ST.

City: Anytown

State: NY

Zip code: 12345

### Make changes to Payment Information

Total Subscription Charges for

Monthly Fee: \$8.00 x 6 =: \$48.00

Savings/Discount: \$0.00

Taxes: \$0.00

Total Charges: \$48.00

#### Other Characteristics

Attitude: Generally Happy

Athletic: Yes

Eye color: Blue

Hair color: Brown

#### Other Demographics

Race: Caucasian

Religion: Catholic

Ethnicity: Irish

Blood type: A+

#### Health Restrictions

None

#### Desired Meal Plan Type

Regular

FIG. 8

9/28

900a

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Journal Weight Tracker Progress Charts My Favorites POINTS<sup>®</sup> Calculators Assessment Tools for Living Intro to eTools 808

808a 914

my journal 904a 904b 904c 904d 906

Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3 print day print blank journal user guide

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time: 908

920 ☐ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:

- Search our food database: toast FIND
- Select a favorite: [E&R Favorites](#) Select from My Favorites ADD
- Express it! Enter your food and its POINTS value: Food: POINTS: ADD

POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the Weight Watchers eTools Tip Exchange

DELETE CHECKED ITEMS 918 SAVE & BANK

☐ Check All 910 Total Food POINTS used 24

Morning 912

<input type="checkbox"/> 1 medium pear(s)	1
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup General Mills Whole Grain Total	1
<input type="checkbox"/> 6 average almonds	1
MAKE THIS MEAL A FAVORITE	Subtotal 5
Midday	
<input type="checkbox"/> 6 oz baked potato	3
<input type="checkbox"/> 1 oz low-fat cheddar or colby cheese	1
<input type="checkbox"/> 1/2 cup cooked broccoli	0
<input type="checkbox"/> 2 cup mixed greens	0
<input type="checkbox"/> 1 tsp olive oil	1
<input type="checkbox"/> 1tbsp vinegar	0
<input type="checkbox"/> 1 medium orange(s)	1
MAKE THIS MEAL A FAVORITE	Subtotal 6

Internet

FIG. 9

10/28

1000

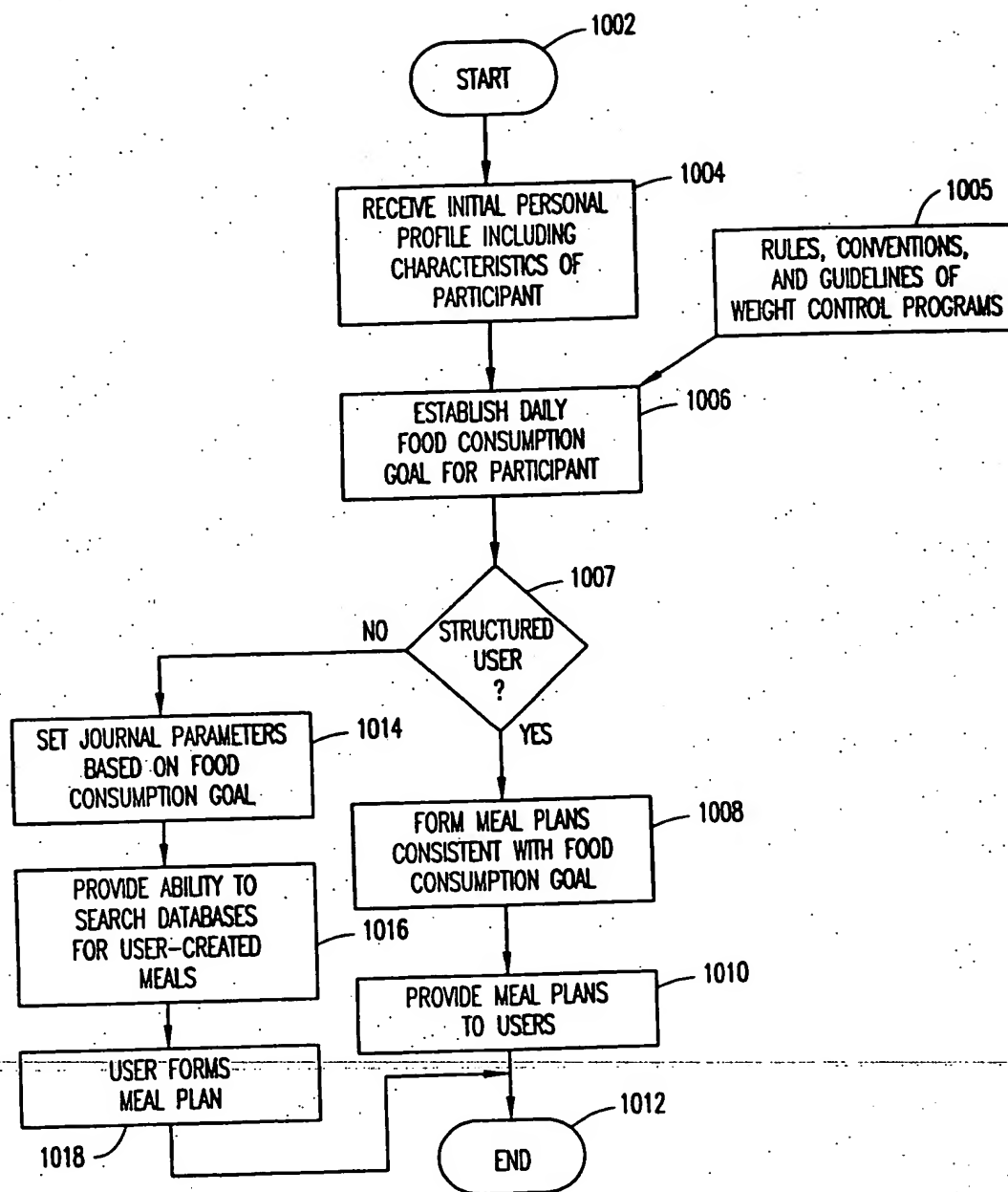


FIG. 10

11/28

900b

**my journal** • Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3 906

**Food Log:**

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<b>MAKE THIS MEAL A FAVORITE</b>	
<b>Subtotal</b>	<b>8</b>
<b>Snack</b>	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<b>Subtotal</b>	<b>5</b>
<b>Total Food POINTS used</b>	<b>24</b>
<b>Total Food POINTS left for today</b>	<b>3</b>

**Exercise:**

<input type="checkbox"/> 30 min walking, leisure	1
<b>Total Activity POINTS earned</b>	<b>1</b>

**Check off daily on these important items:**

Water	Multivitamin Supplement
-------	-------------------------

**Left Column (Step 1):**

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities:   1104
- Select a favorite:   1102
- Express It! Enter your food and its POINTS value:  
Food:  POINTS:

**Bottom Bar:** Need Help? Go to the Journal User Guide | Find tips from others on the eTools Tip Exchange | Internet

FIG. 11

900c

**FIG. 12**

900d

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**my journal** [914](#) [904d](#) [906](#) [print day](#) [print blank journal](#) [user guide](#)

Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 0

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1302

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Find tips from others on the [eTools-Tip-Exchange](#)

**DELETE CHECKED ITEMS** **SAVE & BANK**

☐ Check All Total Food POINTS used 24

**Morning**

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

**WAKE THIS MEAL A FAVORITE** Subtotal 9

**Midday**

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

**WAKE THIS MEAL A FAVORITE** Subtotal 9

**Evening**

Subtotal 0

**Snack**

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

**Exercise**

Internet

FIG. 13

14/28

1400

806e

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meal plans

808c

## my 7-day meal plan

my shortcuts  
to weight loss tools.

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[view next week's plan](#)

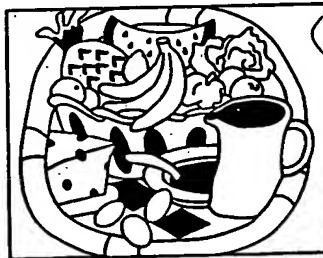
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[print](#)

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Jan 23 - Jan 29

[add plan to my journal](#)



1402

☒ WEDNESDAY

POINTS

23

☐ MORNING:

☐ Cheese Omelet

6

☐ MIDDAY:

☒ Veggie Chili

5

☐ EVENING:

☒ Apricot Turkey Br...

7

☐ SNACK:

☒ Snacks and Treats

5

☒ THURSDAY

POINTS

23

☐ MORNING:

☒ Almond Apricot Flakes

6

☐ MIDDAY:

☒ Turkey Roller

5

☐ EVENING:

☒ Orange-Lemon Scallops

7

☐ SNACK:

☒ Throughout the Day

5

☒ FRIDAY

POINTS

24

☐ MORNING:

☒ Yogurt Topped Fruit

5

☐ MIDDAY:

☒ Cheese & Broc...

6

☐ EVENING:

☒ Spicy Pork Sauté

8

☐ SNACK:

☒ Savory Snacks

5

☒ SATURDAY

POINTS

24

☐ MORNING:

☒ From the Coffee Shop

5

☐ MIDDAY:

☒ Grilled Swordfish...

6

☐ EVENING:

☒ Indian Take-Out

8

☐ SNACK:

☒ On the Go

5

☒ SUNDAY

POINTS

24

☐ MORNING:

☒ Raisin Nut Flakes

6

☐ MIDDAY:

☒ Turkey Sandwich w...

5

☐ EVENING:

☒ Baked Beef Fajita

8

☐ SNACK:

☒ Sweets and Treats

5

☒ MONDAY

POINTS

23

☐ MORNING:

☒ Apricot Yogurt Sundae

5

☐ MIDDAY:

☒ Super Salad

6

☐ EVENING:

☒ Quick Bite Before...

7

☐ SNACK:

☒ Crunchy Snacks

5

☒ TUESDAY

POINTS

24

☐ MORNING:

☒ Apple-Almond Topp...

6

☐ MIDDAY:

☒ Bacon & Grill...

5

☐ EVENING:

☒ Turkey-Squash St...

8

☐ SNACK:

☒ Sweet and Saffy S...

5

[add plan to my journal](#)

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[Plan for Me-Plan](#)

[Special diet/Regular](#)

[POINTS range 22-27](#)

[edit meal plan profile](#)

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FIG. 14

**my shortcuts** **LOGOUT**  
to weight loss tools:

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**meal plans**

**my 7-day meal plan**

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

☒ **MORNING:**

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- 3 medium egg white(s) 1
- 1 tsp basil 0
- 1 oz low-fat cheddar or colby cheese 1
- 1 slice high-fiber bread 1
- 1 cup canned fruit cocktail, packed in water 1
- 1 cup low-fat milk 2

1502

☒ **MIDDAY:**

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- 1 cup Health Valley Mild Vegetarian Chili 2
- 1 cup fresh vegetable sticks 0
- 1 Tbsp reduced-calorie salad dressing 1
- 1 cup grapes 1
- 1 slice toasted wheat bread 1
- 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ **EVENING:**

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- 4 oz boneless, skinless turkey breast(s) 3
- 1 Tbsp apricot jam 1
- 1 tsp ground ginger 0
- 3/4 medium acorn squash 2
- 1/8 tsp ground cinnamon 0
- 1 Tbsp light butter 1
- 1 1/2 cup green snap beans 0

☒ **SNACK:**

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- 1 cup 0-POINT soup 0
- 1 cup fresh vegetable sticks 0

**need help?**

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FIG. 15A



1500b

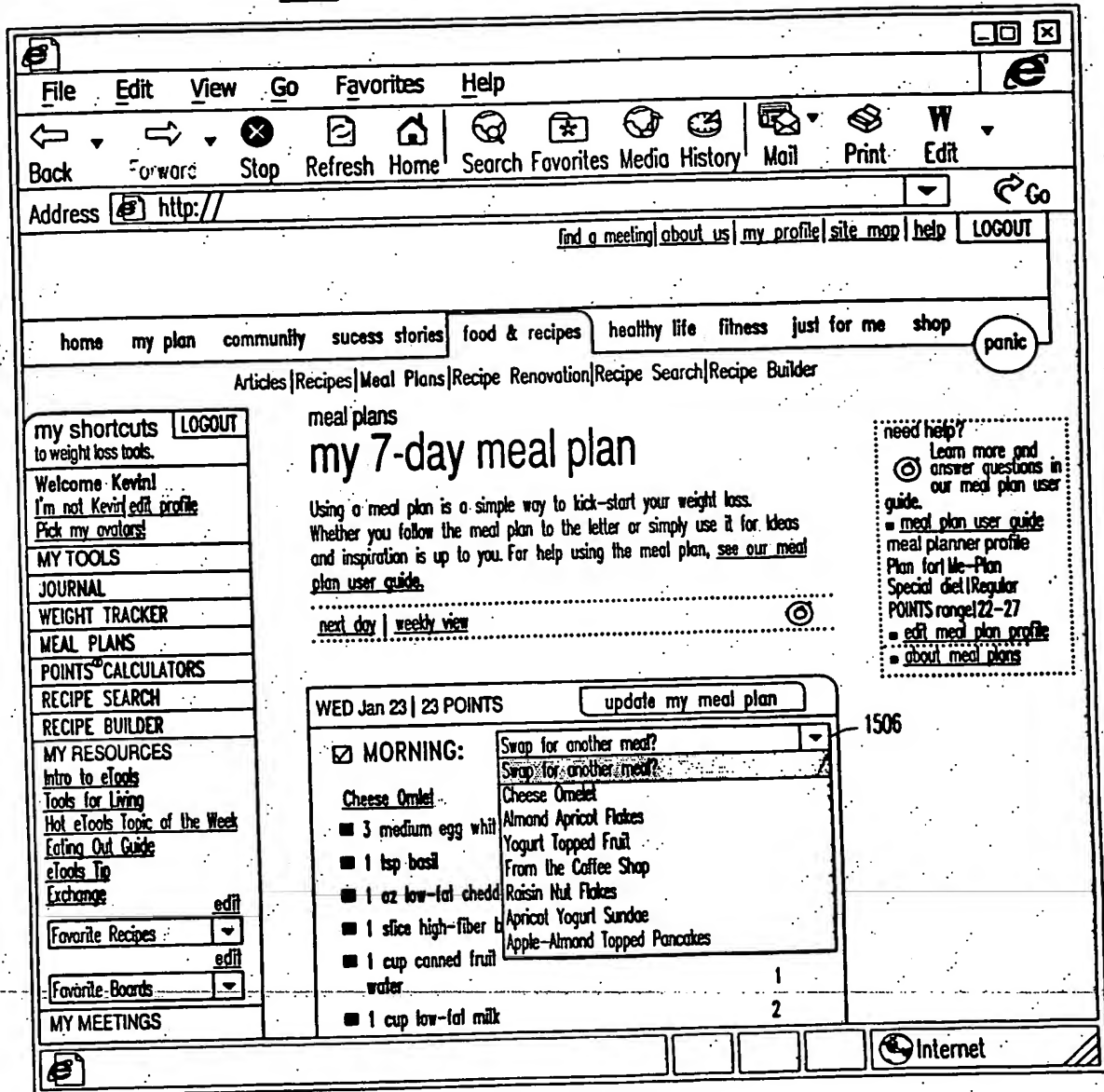


FIG. 15B

900e

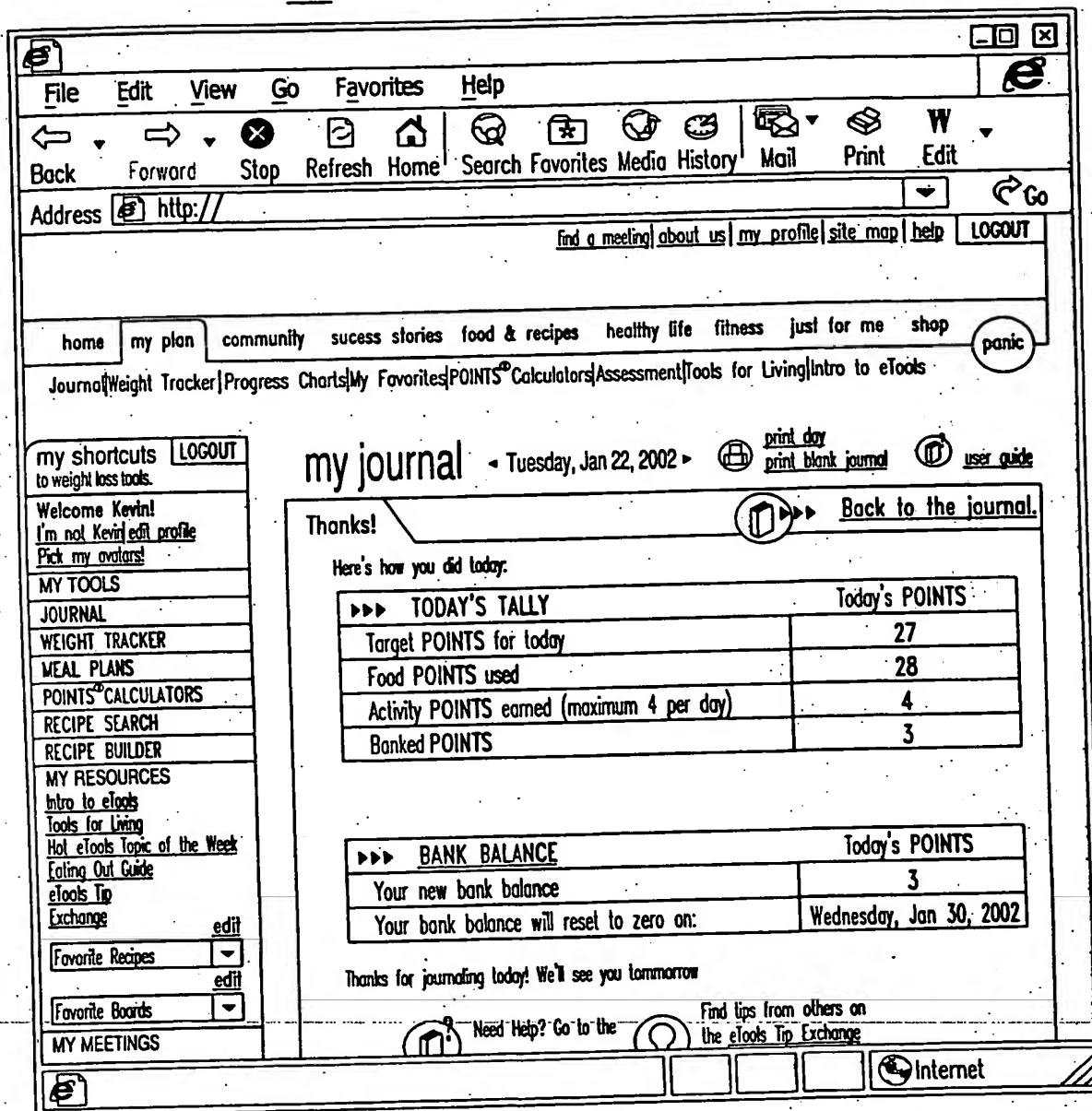


FIG. 16A

900f

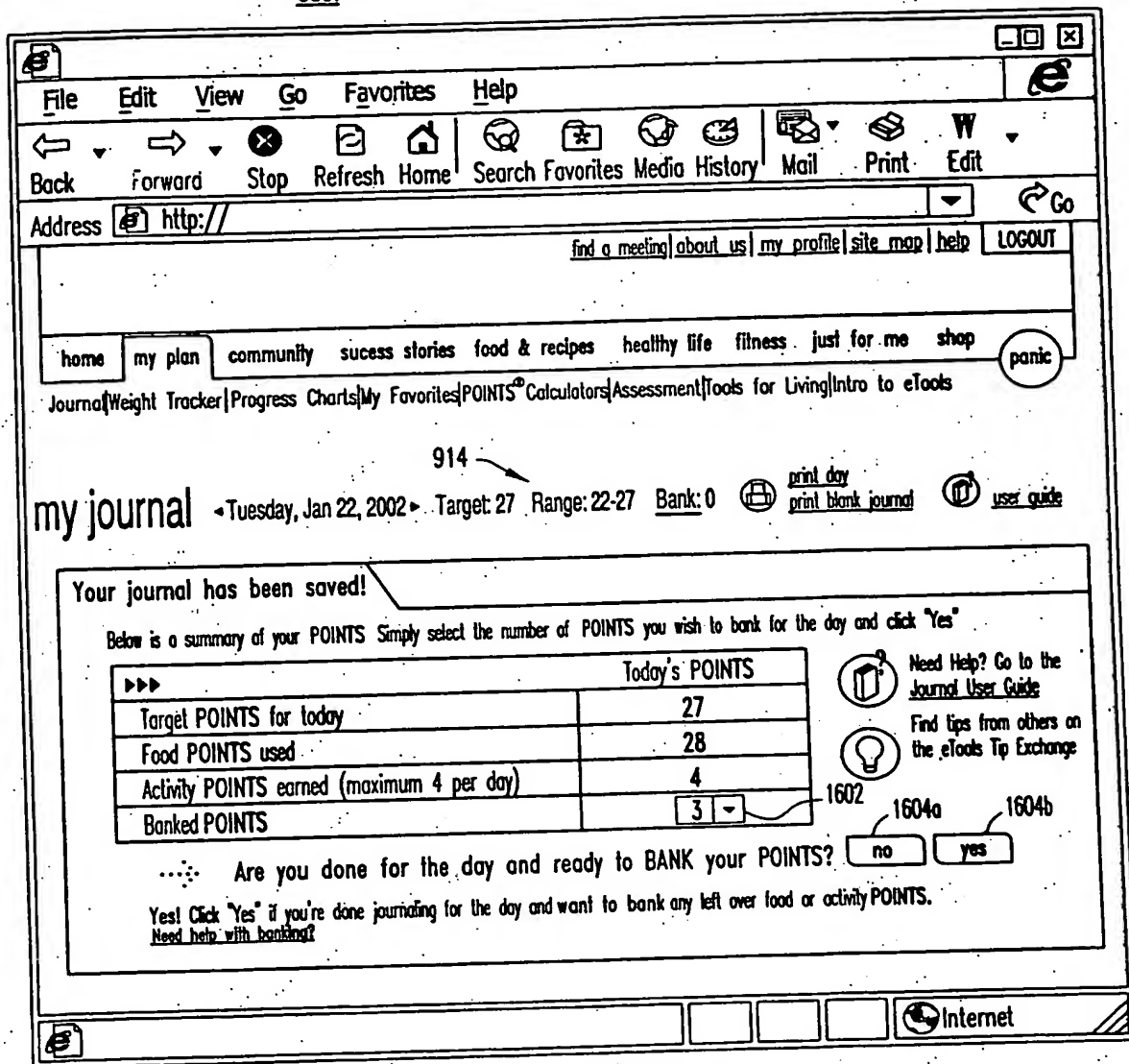


FIG. 16B



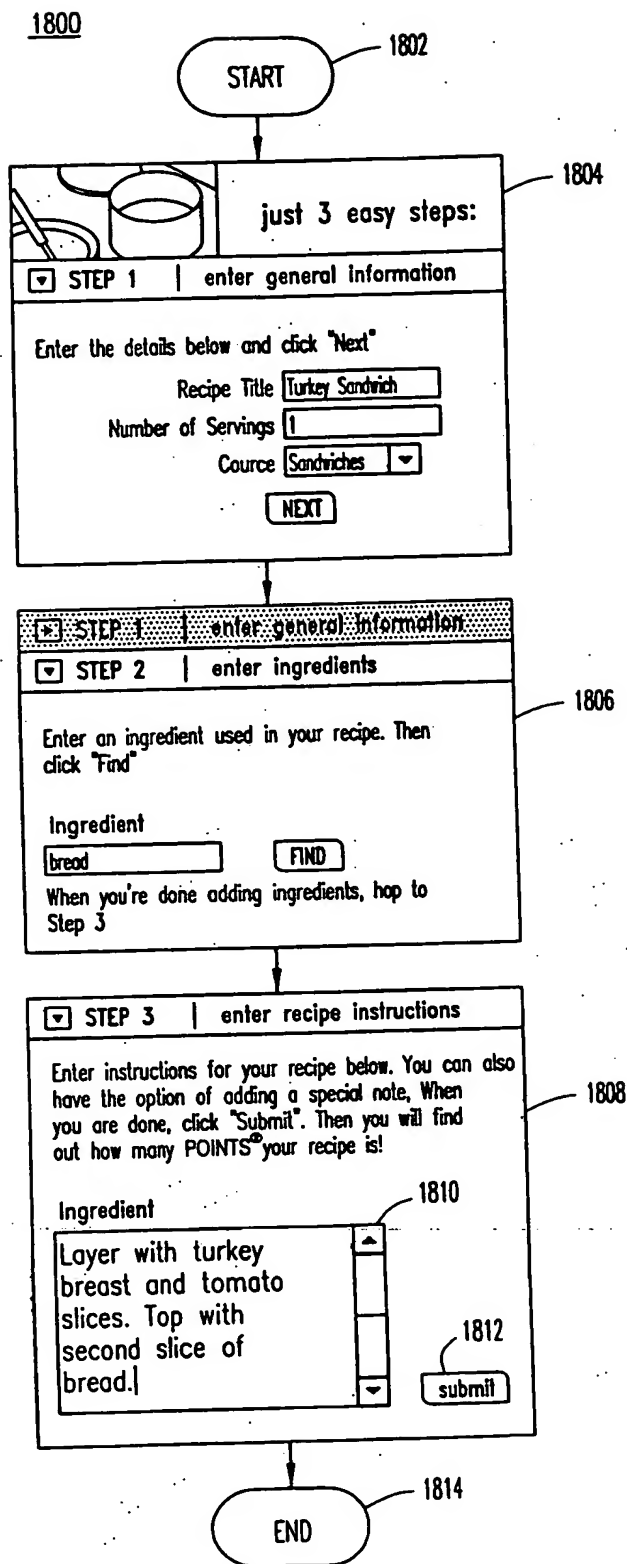


FIG. 18

21/28

806b

1900

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weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones: 5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

- What's your BMI
- Effects of Rapid Weight Loss

getting to weight goal

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

- The Great Weigh-In
- 20 Weight Loss Tips (from Real Meeting-Goers!)

weight loss profile

- Main
- View & Edit Weights
- Enter Previous Weights
- Additional Information

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

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FIG. 19

22/28

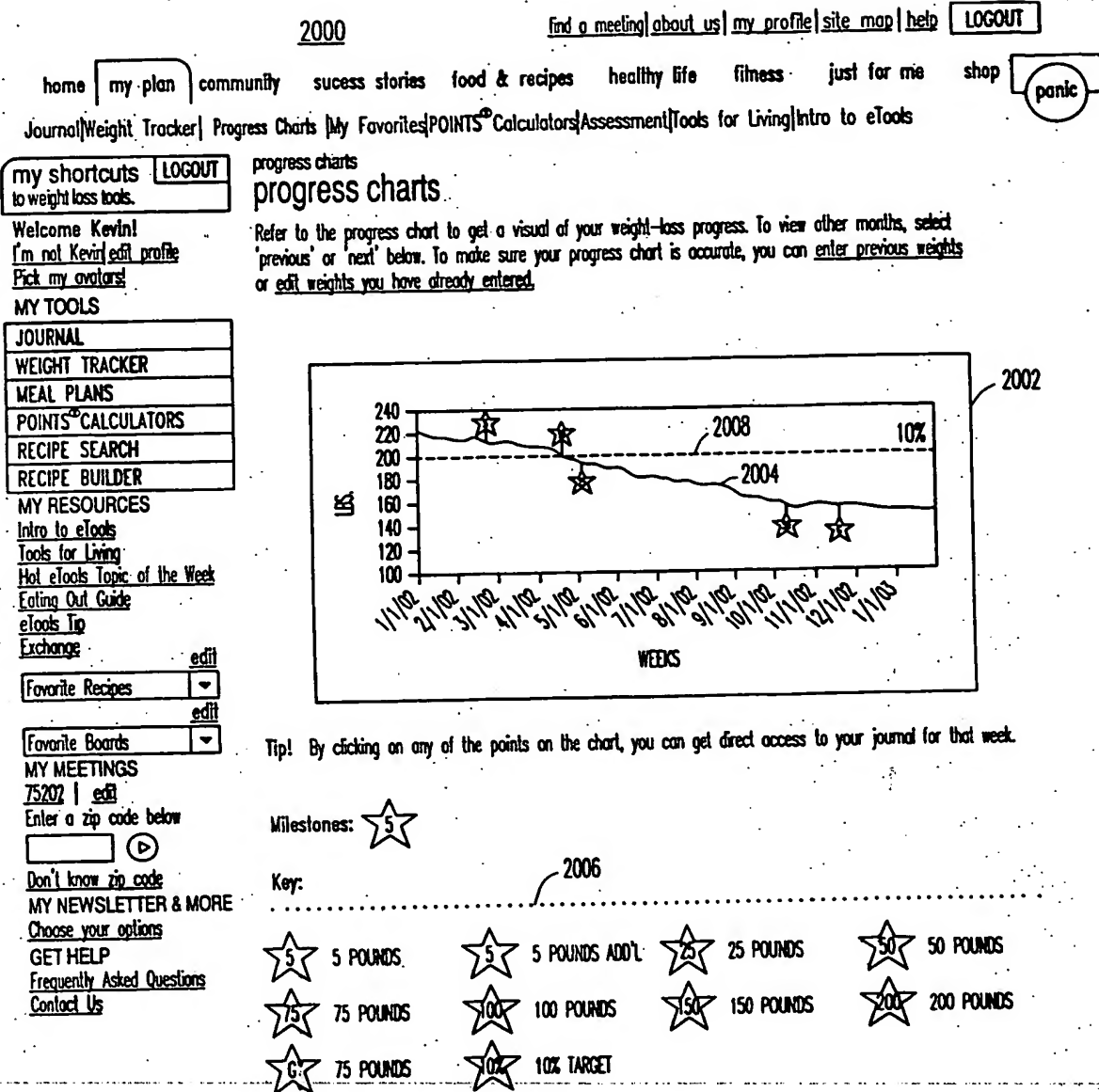


FIG. 20

2100

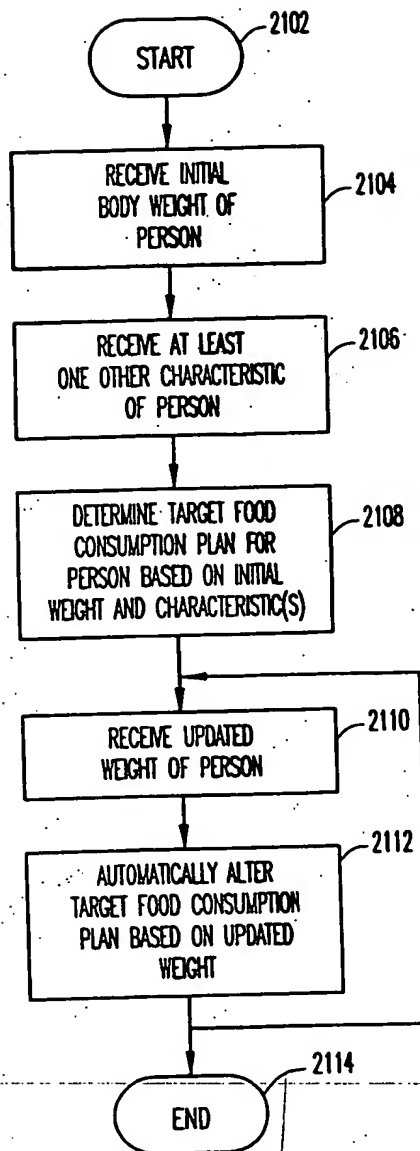


FIG. 2



2200

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826 **panic**

my shortcuts

to weight loss tools.

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2202

don't *panic!*

...we know how hard it can be.

Never trade what you want at the moment  
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill.](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this.](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight

loss.

- [find a meeting](#)

get help

Panicking cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

FIG. 22

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[Choose your options](#)

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**my profile**

**edit public profile**

Select another page in my profile: [2302](#)

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

☒ make public [2304](#)

☐ make private

User name: John Smith

E-mail address: [jsmith@workplace.com](mailto:jsmith@workplace.com)

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: <http://www.workplace.com>

Astrological sign:  [2306](#)

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight:  lbs

Current weight:  lbs

Weight goal:  lbs

[submit](#)

Internet

FIG. 23

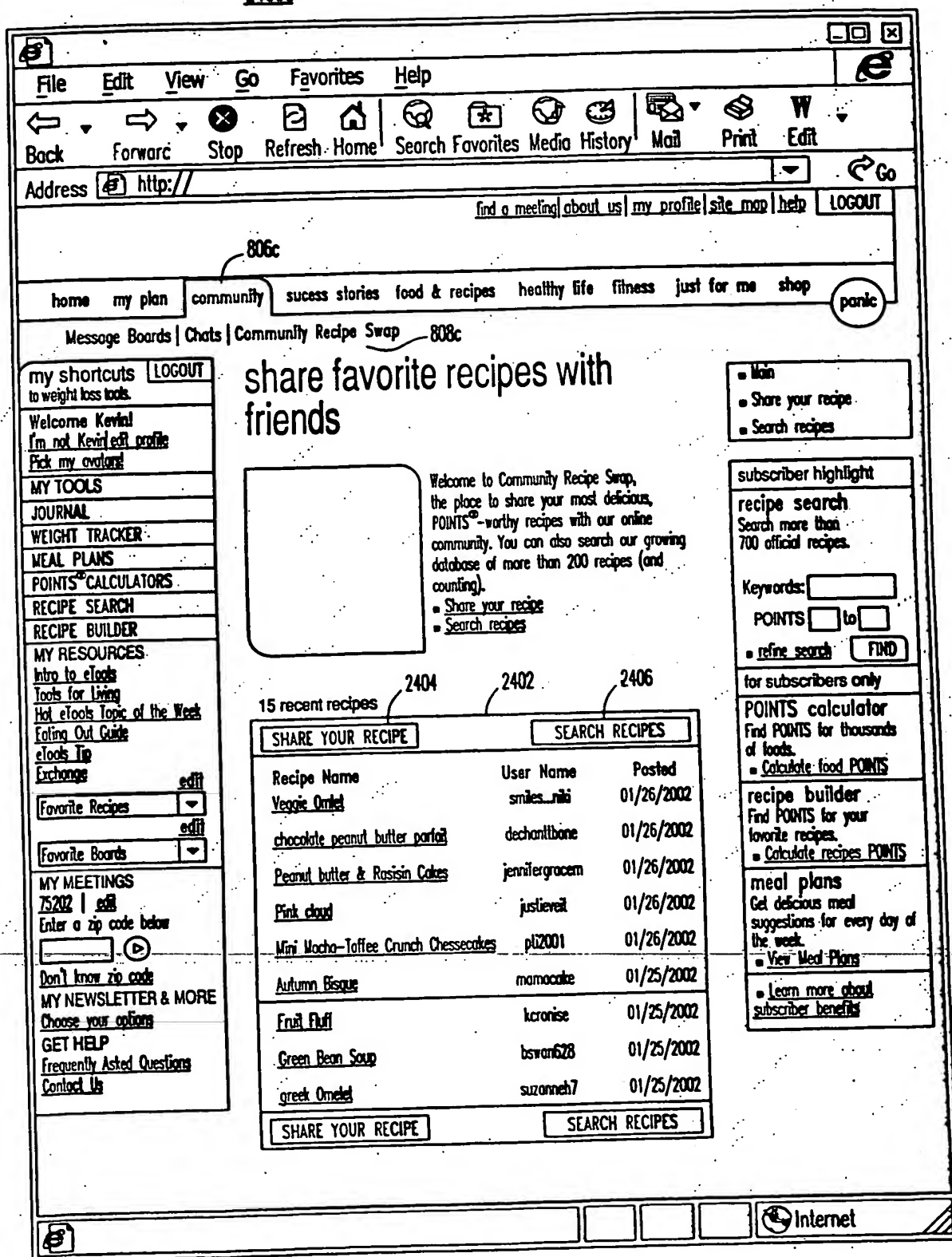


FIG. 24A

2400b

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit). The address bar shows 'http://'. The page header includes links: 'find a meeting', 'about us', 'my profile', 'site map', 'help', and 'LOGOUT'. A navigation bar contains links: 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', 'shop', and a 'panic' button. Below the navigation bar are links for 'Message Boards', 'Chats', 'Community Recipe Swap', and '808c'. The main content area is titled 'community recipe swap' and 'share your recipe'. It includes a sidebar with 'my shortcuts to weight loss tools' (Welcome Kevin!, I'm not Kevin! edit profile, Pick my avatars!), 'MY TOOLS' (JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER), 'MY RESOURCES' (Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip, Exchange), 'Favorite Recipes', 'Favorite Boards', 'MY MEETINGS' (75202 | edit, Enter a zip code below), 'Don't know zip code', 'MY NEWSLETTER & MORE' (Choose your options), and 'GET HELP' (Frequently Asked Questions, Contact Us). The main form has a text area for 'share your recipe' and a paragraph: 'Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS?'. Below this is an 'IMPORTANT!' notice: 'You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.' The form fields are: 'Recipe Title' (2410), 'From the Kitchen of:' (2408), 'Meal Course' (dropdown, 2412), 'Number of Servings' (2414), 'Estimated POINTS per serving' (2416), 'Ingredients' (2418), 'Instructions' (2420), and 'Special Notes' (2422). At the bottom are 'RESET' and 'SUBMIT' buttons (2424). The browser status bar shows 'Internet'.

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address [http://](#) [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Message Boards Chats Community Recipe Swap 808c

my shortcuts to weight loss tools [LOGOUT](#)

Welcome Kevin!  
I'm not Kevin! [edit profile](#)  
[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

75202 | [edit](#)  
Enter a zip code below [Go](#)

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

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community recipe swap

# share your recipe

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS?

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

Recipe Title:

From the Kitchen of:

Meal Course:

Number of Servings:

Estimated POINTS per serving:

Ingredients:

Instructions:

Special Notes:

[RESET](#) [SUBMIT](#)

Internet

FIG. 24B

2400c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

Message Boards | Chats | Community Recipe Swap

community recipe swap

share your recipe

Browse or search more than 2000 user-recommended recipes below.

browse recipes [All](#) [FIND](#)

search Search by: ☐ recipe name ☐ user name

Enter Name:  [FIND](#)

refine search

Search for any combination of categories below. The more options you choose, the more refined your search will become.

Estimated POINTS

Range:  to

Meal Course

☐ Beverages ☐ Light Meals ☐ Side Dishes

☐ Breakfast ☐ Main Meals ☐ Snacks

☐ Cakes ☐ Sandwiches ☐ Soups

☐ Desserts ☐ Sauces

Posting Date

Search for recipes posted in the last [All Dates](#)

[FIND](#)

my shortcuts [LOGOUT](#)

to weight loss tools

Welcome Kevin!  
I'm not Kevin! [edit profile](#)  
[Pick my avatar](#)

MY TOOLS

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[Tools for Living](#)  
[Hot eToys Topic of the Week](#)  
[Eating Out Guide](#)  
[eToys Tip Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

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subscriber highlight

recipe search

Find what you're craving  
Search more than 700 official recipes.

[Go to Recipe Search](#)  
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for subscribers only

POINTS calculator

Find POINTS for thousands of foods.

[Calculate food POINTS](#)

recipe builder

Find POINTS for your favorite recipes.

[Calculate recipes POINTS](#)

meal plans

Get delicious meal suggestions for every day of the week.

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Internet

FIG. 24C